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Hello! Great to have you here. Welcome to my eco **Easter** guide where you'll learn about how to add eco-friendly touches into the spring season. And, of course, make it fun for the whole family to join in!

For me, sustainable living means being aware of our actions, which is why "do what you can" is my mantra. Take the time to think about what you want to do and how you want to do it. Is there a more eco-friendly way? What do you already have that can be reused, what do you want to buy, and how can it be sustainable? But you don't need to overdo it. It's not about getting to zero waste.

With this mindset, embrace the ideas that speak to you. There's always a domino effect; my eco-friendly ideas can spark your own! 🌱

So, here it is - a step-by-step guide brimming with eco-inspired activities. It's filled with visuals, tutorials, recipes and plenty of advice.

The guide will hopefully fill you with motivation. The most important thing is to have fun and create memorable moments together.

Get yourself a fruity spring-brew ready and leave your daily must-dos behind for a moment.

Enjoy

🍪 EASTER-EGG HUNT🍩

🍩 The Easter egg hunt is the most known and fun element of Easter!
But yes, there is usually a lot of waste when it comes to Easter eggs, often wrapped individually in tin foil. With a bit of creativity and some out-of-the-box thinking, there are some more mindful options that you can mix in... Have you ever thought about making your own eggs?

EASTER EGGS










Easy method

- Mix the butter, oil & sugar well
- Add the almond meal, mix
- Add the egg and the lemon zest, mix
- Then, add the other dry ingredients, mix
- Lastly, add the chocolate
- Make small oval-shaped balls
- Bake for 8 minutes at 180°C (if cookies seem raw bake another 1 minute)

Eco wrapping

- IF you eat chocolate anyway this will work well: wrap the cookie eggs into aluminium foil that you have saved up from your previous chocolate tablets
- Otherwise simply put your cookie eggs in little boxes, or jewellery pouches
- Or save your sweet/candy wrappers
- Mix it up and do all of these ideas!

🐥 Eco Easter-Eggs

Buying
Of course you are going to buy some pretty Easter eggs - I will too!
But to make this more mindful, look out for:

- large packs with lots of small eggs not individually wrapped
- Loose eggs (from bakeries or organic shops)
- XL-sized chocolate bunnies = lots of chocolate and minimal wrapping comparatively
- When you buy individually wrapped chocolate you can always reuse the wrapping for your own eco project with your kids!

What
You can make easy cookie eggs. I made spring-flavoured cookies with lots of lemon zest and some white chocolate

Ingredients

- 70g butter (softened)
- 20ml olive oil (or any veg oil)
- 40g sugar
- 60g almond meal/flour
- 1 egg
- 150g plain flour
- 5g baking powder
- Pinch of salt
- Zest of 1 lemon
- Finely chopped white chocolate





🍰 Other DIY “eggs”

Cake eggs

- We made a [chocolate sponge cake - recipe here](#)(minus the icing)
- Crumble it up - the kids loved this part!
- Add a hint of milk to make the cake crumbs stick together
- We moulded them into circular shapes - oval shapes were more tricky with this consistency!

Note!
You can make other sweet treats that you can then mould into egg-like shapes e.g. [peanut butter oat balls](#) (this is a plant-based recipe)











✂️ Imaginative packaging creations!

Vegetable patches

- During the Easter period last year, I collected most of the chocolate packaging. The collection included purple chocolate-egg boxes. With these boxes (plus a chicken egg box) the kids created their own imaginative vegetable patches!
  - My two eldest used real soil
  - My son added a solar panel installation on the front of his box, made with golden cardboard pieces

🍪FESTIVE EASTER FOOD 🍓

🥘 The focus here is on easy festive foods that are homemade. This beats store bought on every front:

- Tastier
- Cheaper
- Healthier
- Less waste - MUCH less

Notes & eco tips

- You can make a lot of these foods vegan
- You can adjust the ingredients/amounts to how you like it/what you have to hand
- What's in season? Look for foods that are locally or nationally grown
- Try and buy loose ingredients where you can. In all organic shops/markets you can take your own bags and fill them. In supermarkets, look for things with the least packaging and favour paper/box wrapped foods
- Use any leftovers for a new meal
- Compost waste foods. If you don't have one, contact your local authority, or set-up your own!

SWEET





🍏 Apple & bread rabbit

Ingredients

- 1x apple
- A few raisins
- 2 pieces of shredded coconut or a peeled almond/anything else white
- Crusty bread for the body

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Easy method

- Cut the apple to shape and assemble for face and rabbit ears
- Cut a body out of bread

Kids absolutely love getting involved in this food project!

Note!

When you're ready to eat, put the apple parts onto the bread. It's delicious!

Note!

- Keep the apple trimmings to eat later!
- Add a squeeze of lemon onto the apple part to avoid it from browning (unless you'll be eating it straight away ;)

Image 1

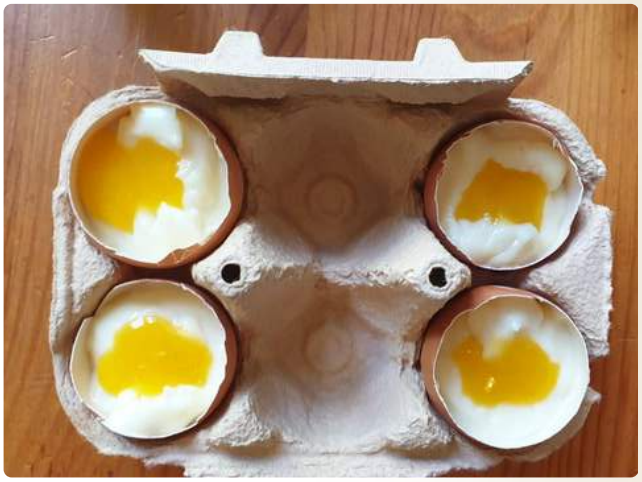


Image 2



Note!
These recipes are fun and easy to make - the kids can get involved in every step! (Maybe it's best for the adult to clean the egg cup!)

🪺 April fool's food fun (and easyyy!)

Ingredients/material

- Image 1: Egg shells saved from cooking/baking
- Image 1 & 2: Any type of yoghurt (vegan or cow's)
  - or even fromage blanc, mascarpone or white almond paste
- Image 1: A teaspoon of apricot jam
- Image 2: Half an apricot - from a tin
- Image 2: American pancake ingredients - see links below

Easy method

Image 1

- Delicately clean & air dry the egg cups
- Kids to fill with the chosen vegan or dairy condiment
- Add a teaspoon of apricot jam & done!

Image 2

- Make American pancakes
  - Dairy/egg recipe
  - Vegan recipe
- Spread out your chosen creamy goodness
- Add half an apricot in the centre















Vegan chocolate cake with Easter deco!

Ingredients

- 500ml oat milk
- 2tsp apple cider vinegar
- 320g flour
- 20g tapioca starch (you can buy this in any organic shop. Cornstarch will also work - but add a bit less, in this recipe: 15g)
- 160g sugar
- Vanilla extract
- 2g salt
- 5g (1 teaspoon) baking soda
- 10g baking powder
- 60g unsweetened cocoa powder
- 1tsp lemon juice
- 100ml coconut oil
- 60ml olive oil
- 60g chopped dark chocolate

Easy method

- Measure out the oat milk and add the vinegar - set aside for 10-15 minutes
- Mix all the dry ingredients together on a large bowl
- In a small seperate bowl measure out the oils and the lemon juice
- Add the oil mixture to the dry ingredients and mix
- Then add the milk mixture followed by the chopped chocolate
- Bake at 180° C between 17 and 25 minutes - check after 17

Note: Because the batter is quite wet, you may have to add a baking sheet over the top so it doesn't burn the top layer

Time to decorate!

- Pour The kids will love to help to decorate the cake! You can just decorate how you want. We did it simply but there were quite a few elements:
  - The "glue": melted dark chocolate with a bit of water (bain marie)
  - Grass: dessicated coconut mixed with a few drops of green food colouring and a bit of water. In the oven for 10 minutes to dry it
  - Nests: crushed chocolate biscuits
  - Eggs: green grapes and Smarties-type chocolate eggs
  - Recuperated ribbon to go around the cake - I keep all the ribbon that I get/come across/have bought in the past and reuse







Inspiration
This was our table last year at my mum's house!

I took some of the flowers home to dry (we live several hours away - in another country) and I still have them a year later!

🥙 Milky Easter bread

Ingredients
-500g flour
-10g salt
-8g dry active yeast
-5g sugar
-60g melted butter
-300ml lukewarm milk
+1 egg yolk with a dash of milk for brushing

Easy method
This famous Swiss bread is your perfect companion for your Easter table; it's beautifully soft and airy.



Fun idea!
Have an egg battle where the last non-cracked egg wins!

Note!
I buy the most expensive eggs possible to get the best ones, where the chicken has had a good life. Usually from organic shops or the market

🥚 Decorated eggs

Material
- Free range (& organic if poss) chicken eggs
- Felt-tip pens

Easy method
- Hard boil the eggs in water for 10 minutes - I add a dash of vinegar for easier peeling
- Pour cold water over them immediately after boiling
- Time to draw! Kids absolutely love decorating real eggs

My 11-year-old son and 8-year-old daugher decorated these eggs

🎋 EASTER EGG TREE

🎋 The Easter egg tree seems to be somewhat of a made up idea, to follow in the footsteps of the Christmas tree? Its roots are Germanic dating back centuries, where budding branches were taken indoors to boost fertility and abundance in the spring season when plants start to grow. Eggs match this philosophy so perhaps they were then hung onto the branches.

Today, in German-speaking countries the decorated Easter egg tree, Ostereierbaum, is still a big tradition and it's popping up in other countries. It's also a very pretty decoration and a happy colourful activity to do with the kids.

Easter-egg trees are really twigs or plants - so very easy to work with and make eco!

The focus here is on the variety of fun options, with your own recycling material.

EASTER EGG TREE



🎋 Eco Easter tree

Our Easter tree is actually in the form of Eucalyptus branches that I took out of a flower bouquet some years ago

- The kids and I made Easter-themed decoration out of toilet rolls
- I have a few egg ornaments that I've had for years, which also feature in the tree every time
- We added a few colourful bows from my string collection. Easy.

Eco-tree tips

- Focus on material that you already have
- Use colour
- Keep it simple, no need to overload the branches

🌷DIY DECORATION🐥

🐥 The focus here is on reusing your rubbish! Make pretty spring decorations together, and keep them for next year.

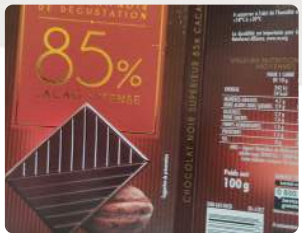
Think: cardboard boxes, dried out felt-tips pens, toilet rolls, ribbon, ice cream sticks, aluminium foil (from chocolate)...

Make creating fun - it doesn't need to be neat, so your kids can muck in where they want!

RUBBISH DECORATION







🌷 Rubbish tulips

Material

- Dried out felt-tip pens. I used green ones for the stem look
- Any cardboard/box recycling
- Paint or use oil pastels. My 8-year-old daughter did the cutting and colouring (when she was 7). She used oil pastels for ease and the colours are very vibrant

Technique

- Draw a simple tulip outline. Need two cut pieces per tulip
- Cut
- Colour/paint
- Stick tulip pieces together
- Glue felt tip stem onto flower part (take the lid off, it's too bulky)

Note!
Oil pastels vs. pastel crayons.
The colour of oil pastels is thick, vibrant and they blend really well. Pastel crayons don't have these qualities











Note!
For the ears: you can use any sticks e.g. coffee cup stirrer, or lids of felt-tip pens. You can also just cut the ears out of a food box

When I repeated this workshop, at the school of my youngest, I had pre-cut the ears from food boxes (with some felt tip ears in between). This was an effective and easy option!





The results!

Ice-cream bunny

Material

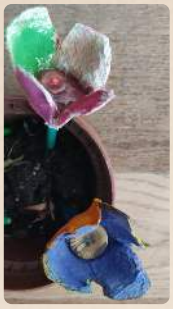
- Ice-cream box (or any cardboard food/ cereal box)
- Ice-cream sticks
- Scissors
- Paint
- Pen for face detail
- Glue

Technique

- Cut a triangle out of a cardboard (food) box
- To get long pointy ears I used ice cream sticks and cut them to roughly resemble those of a rabbit
- Paint the separate elements
- Draw a simple rabbit face
- Glue the ears
- Fold the bottom of the (body) triangle over so that the rabbit can stand

This was a fun family project, my two daughters helped me from start to finish

EGG BOX DECORATION






The flowers

The chickens!






Notes!

- My 8 year-old daughter made a similar version last year at school, I thought it was an excellent idea. The only thing was that quite a few elements were bought - so just recently we made a fully upcycled version ;)
- Material notes:
  - Colour scrap paper the right colour for comb/beak
  - Use felt tip for the eyes, or more elaborate ideas: spare clothes buttons or raisins
  - For the grass: I bought a green egg box & my daugther added some touches of green

🌷 Egg-box flowers with felt-tip stems

Material

- Egg box
- Scissors
- Paint
- Spare button
- Glue
- Dried out felt-tip pens

Technique

- Cut a flower shape from an egg cup
- Paint with vibrant colours
- Glue a button in the middle of the cup
- Stick a felt-tip stem onto the flower - keep the lid on this time, it has more surface area to stick

My youngest and I did one flower each :)

🐥 Egg-box chickens

My 8 & 5 year-old daughters made this. Hopefully the chickens who laid the eggs had a good life...!

Material

- Egg box
- Paint: white & green
- Scrap paper for comb & beak
- Red colour (pastel crayon/oil pastel)
- Black marker or a good felt tip pen
- Pritt stick
- Nail scissors/small scissors
- Beads & chocolate wrappers

Technique

- Paint egg box: white for the chickens & some touches of green
- Colour a small piece of paper red for the comb and beak, cut to shape & glue together
- Make an incision at the top to slot in the comb/beak
- Colour eyes
- Add beads & make balls from chocolate wrappers to decorate

TOILET ROLL DECORATION











Note!
Our baskets were made out of full sized toilet rolls but you can make them smaller too







🗑️ Toilet roll Easter baskets

Material

- Toilet roll
- Paint
- Small piece of a food box
- Glue gun
- String or ribbon

Technique

- Paint the toilet roll how you want. My daughters (last year: 7 and 4) painted them
- Cut a toilet-roll sized circle out of a food box (my eldest daughter did this part)
- Stick the circle onto the toilet roll to close it (with a glue gun)
- Make 2 holes near the top on opposite sides with a knife - ADULT to do this!!
- Thread ribbon or string through the holes. Make little knots on the sides

Get kids to fill with Easter eggs or sweets! My son (eldest) was eager to do this!

🐥 Toilet roll chicks

Material

- Toilet roll
- Scissors
- Paint

Technique

- Cut the toilet roll in half
- Get the kids to paint them as they want. My eldest son and daughter did one each. Both had a very different take on the task!

TOILET ROLL DECORATION











🌼Toilet roll flowers

Material

- Toilet roll
- Paint
- Cereal box
- Pen/pencil
- Scissors
- Optional: glue (Pritt stick)

Technique

My three kids and I just made these on holiday visiting my mum. This is a fantastic holiday activity! They all had their own distinct ideas, which made the moment even more fun. 😊

- Paint the toilet roll green
- Draw a large flower head on the cereal box
  - You can also draw several flower heads and glue them together with the glue stick
- Paint the flower (either on one side or both sides)
- Paint / draw leaves at the bottom of the toilet roll in a different green colour
  - My 11 year old son actually cut out leaves to stick them into the roll
- Let everything dry and make small incisions on top of the roll to slide in the flower head
- With some cereal box off-cuts we made another flower - not quite the shape of a flower, but wiggly and colourful (can you spot the one?)

We put our flowers in my mum's garden, which looks great. You just have to be careful if it rains! 😉

Check out my website
eco-rose.com 

= more information on
acting for our beautiful planet!



